CardioMax 708s

OWNER'S MANUAL

QUESTIONS?
Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482
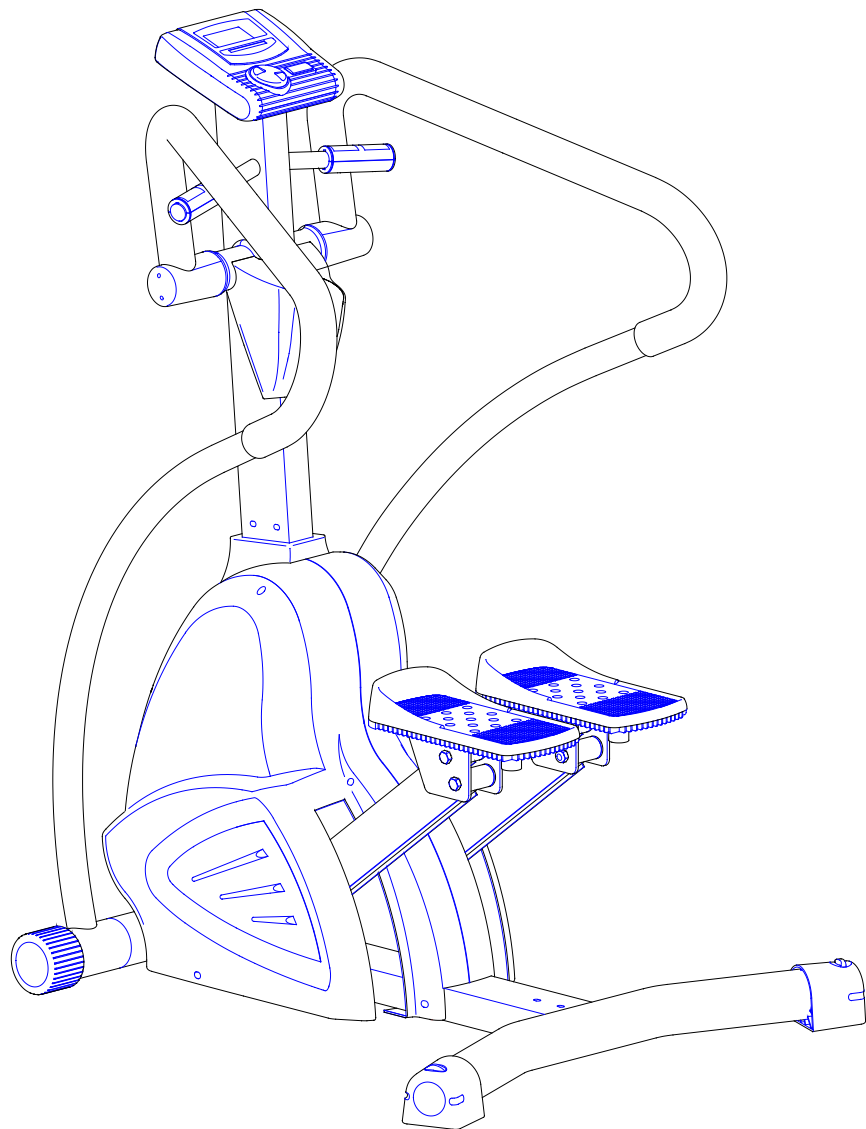
KEYS
FITNESS ®

keysfitness .com ™

CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

Cardio*Max*™

Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

CARDIOMAX 708 STEPPER
Model: CM708S

Questions?

Please call if:

- you need assistance about operating your exercise unit

- parts are missing

- parts become worn or need to be replaced

1-888-340-0482
Monday-Friday
8:30am-5:30pm Central Time

Please have the following information available:
- Name
- Model
- Part Number
- Description

Before You Start

Thank you for purchasing a CardioMax exercise unit! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information
WARNING!

1) Before using this exercise unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise unit have read the Owner's Manual and are familiar with warnings and safety precautions.

• This exercise unit has a maximum user capacity of 275 pounds.

• This exercise unit should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to the protect the floor or carpet and for easier cleaning.

• Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise unit with bare feet, sandals, socks or stockings!

• Always examine your exercise unit before using to ensure all parts are in working order.

• Do not leave children unsupervised near or on the exercise unit.

• Never operate the exercise unit where oxygen is being administered or where aerosol products are being used.

• Never insert any object or body parts into any opening.

• Service to your exercise unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.
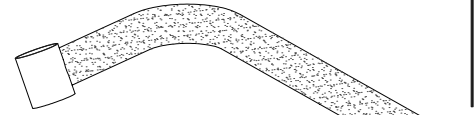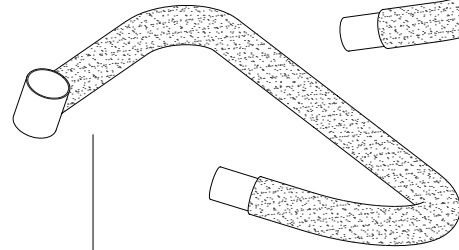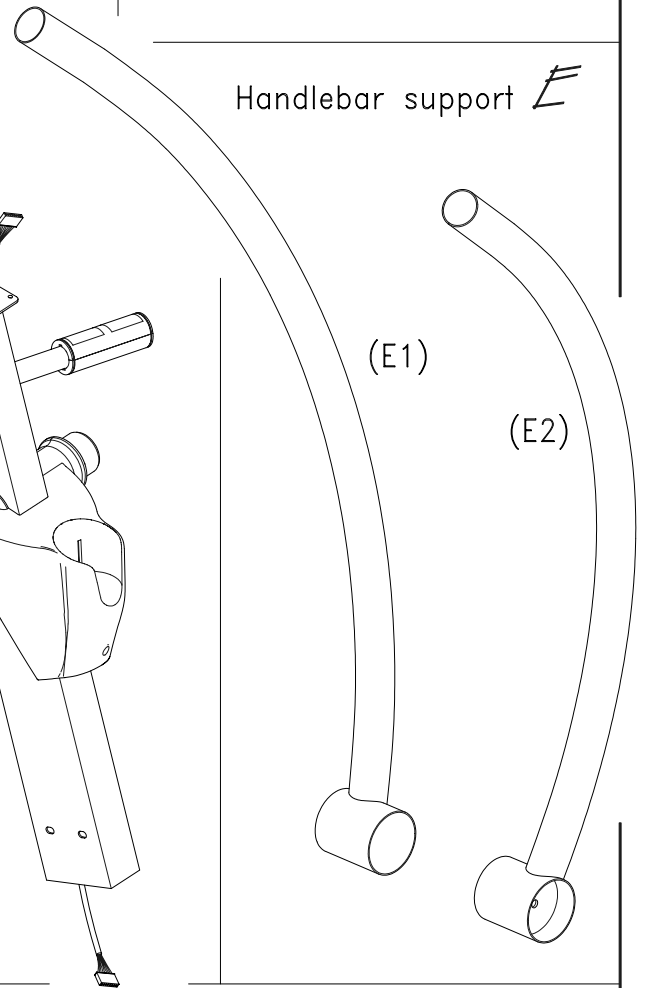
Parts List

A Main Frame
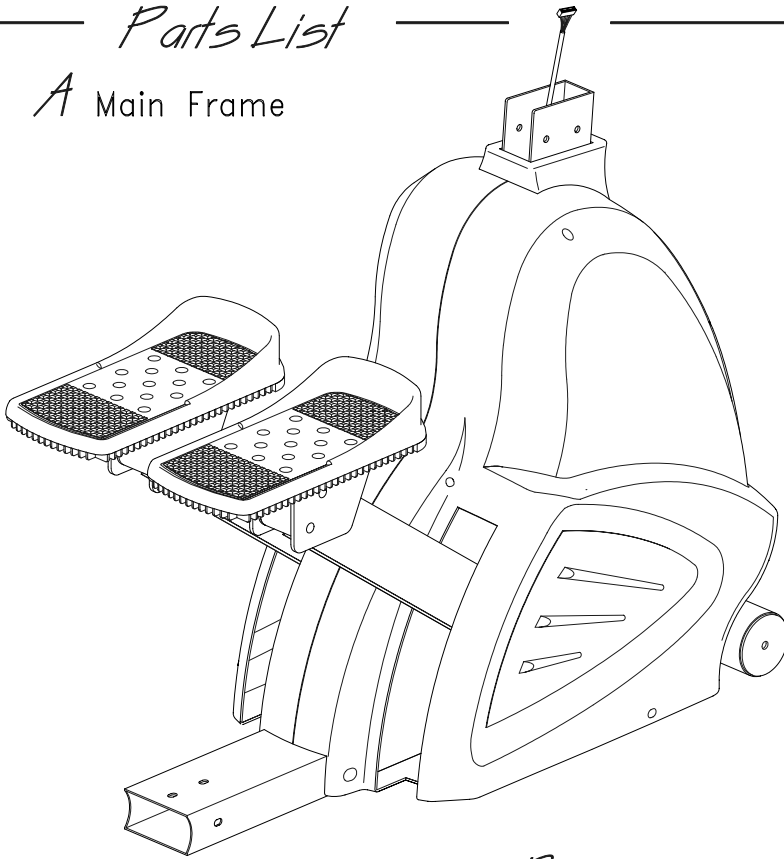
Side Handlebar D

(D2) Right side handlebar
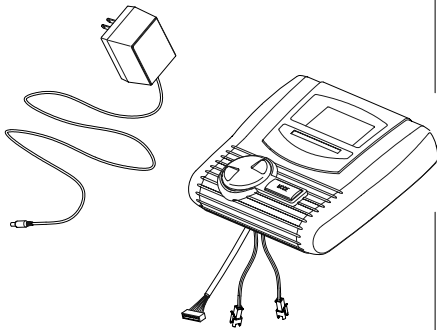
(D1) Left side handlebar
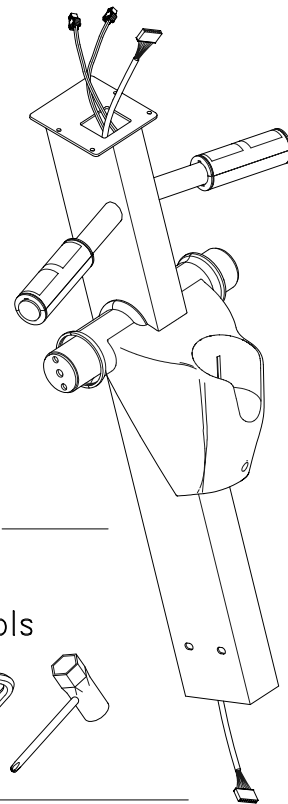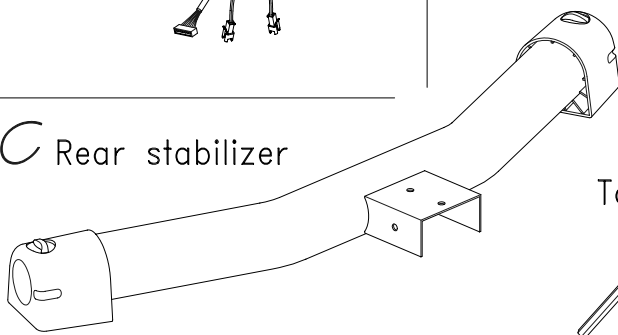
Handlebar support **E**

(E1)

(E2)

B Central Support Tube

F Monitor & Adaptor

C Rear stabilizer

Tools
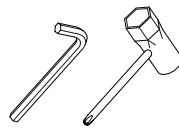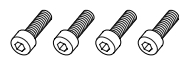
G (G1) Screws   (G2) Bolts   (G3) Washers   (G4) Bolts   (G5) Bolts
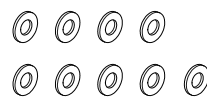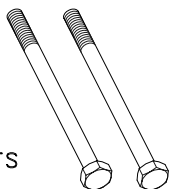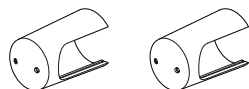
(G6) Bolts   (G7) Cover   (G8) Slide plastic cover   (G9) End cap
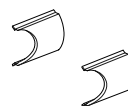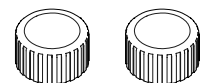
FIGURE 1__

FIGURE 1

ASSEMBLY FOR REAR STABILIZER

Step 1. Attach rear stabilizer(C) to main frame(A).
Then, secure with washers(G3) and bolts(G4).

ADJUST THE BALANCE FOR THE STEPPER

After Step 1 assembly, if the machine is NOT stable,
please adjust the knob of (C2).
If you turn "+" direction, the position will be up.
If you turn "−" direction, the position will be down.

ASSEMBLY FOR CENTRAL SUPPORT TUBE

Step 2. Connect the wires(A20 & B5).
Step 3. Assemble the central support tube(B) with
(A) by bolts(G4) and washers(G3).
Attention: Make sure when pushing the tubes
together that the cable is not pinched.

B

G4
G3

B5

A20

A

+   −

UP

C2

DOWN

C

G3
G4

Use tool

FIGURE 3

D2

G5

D2

G1

Use tool

E2

E2

G6

A
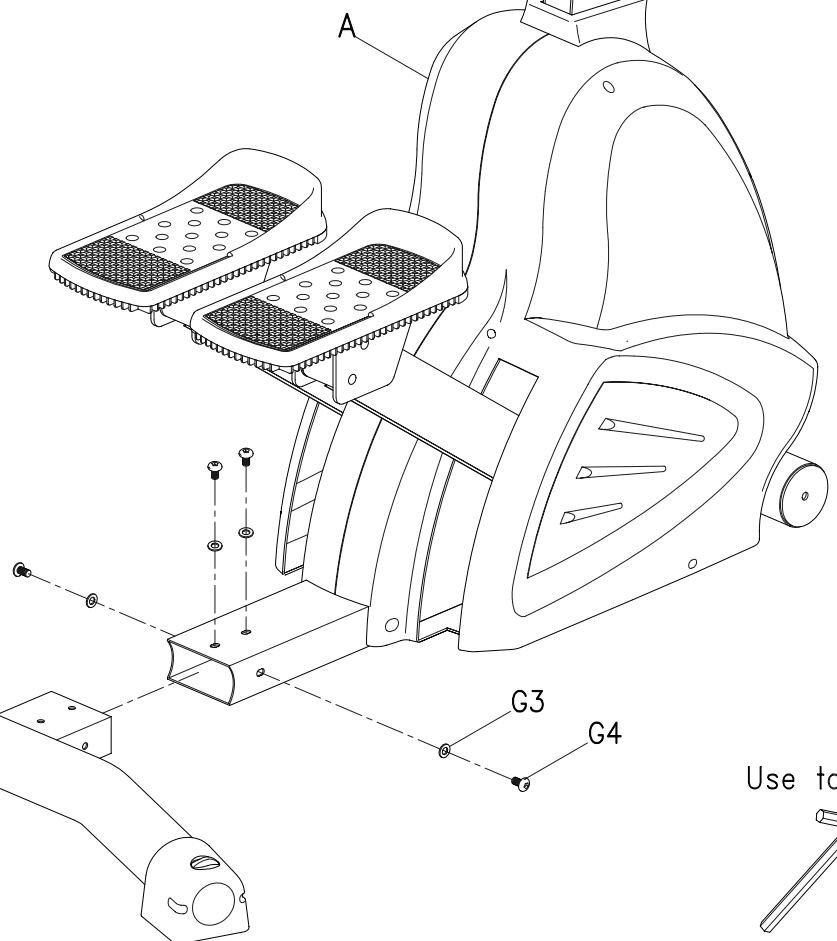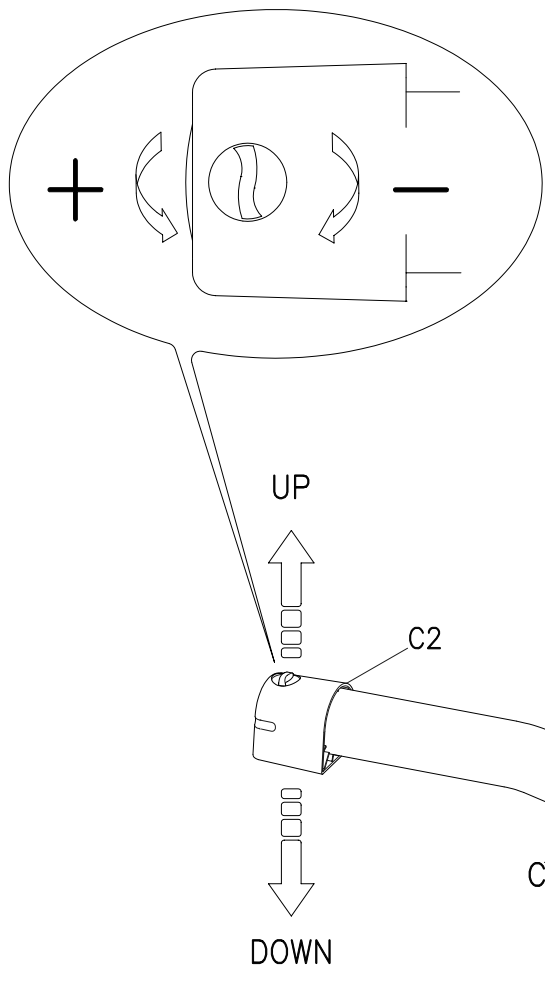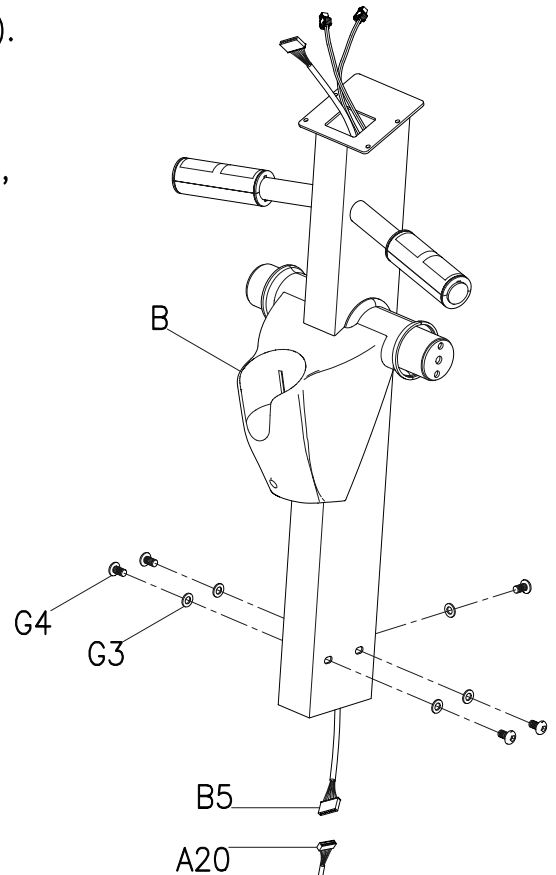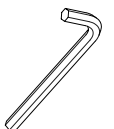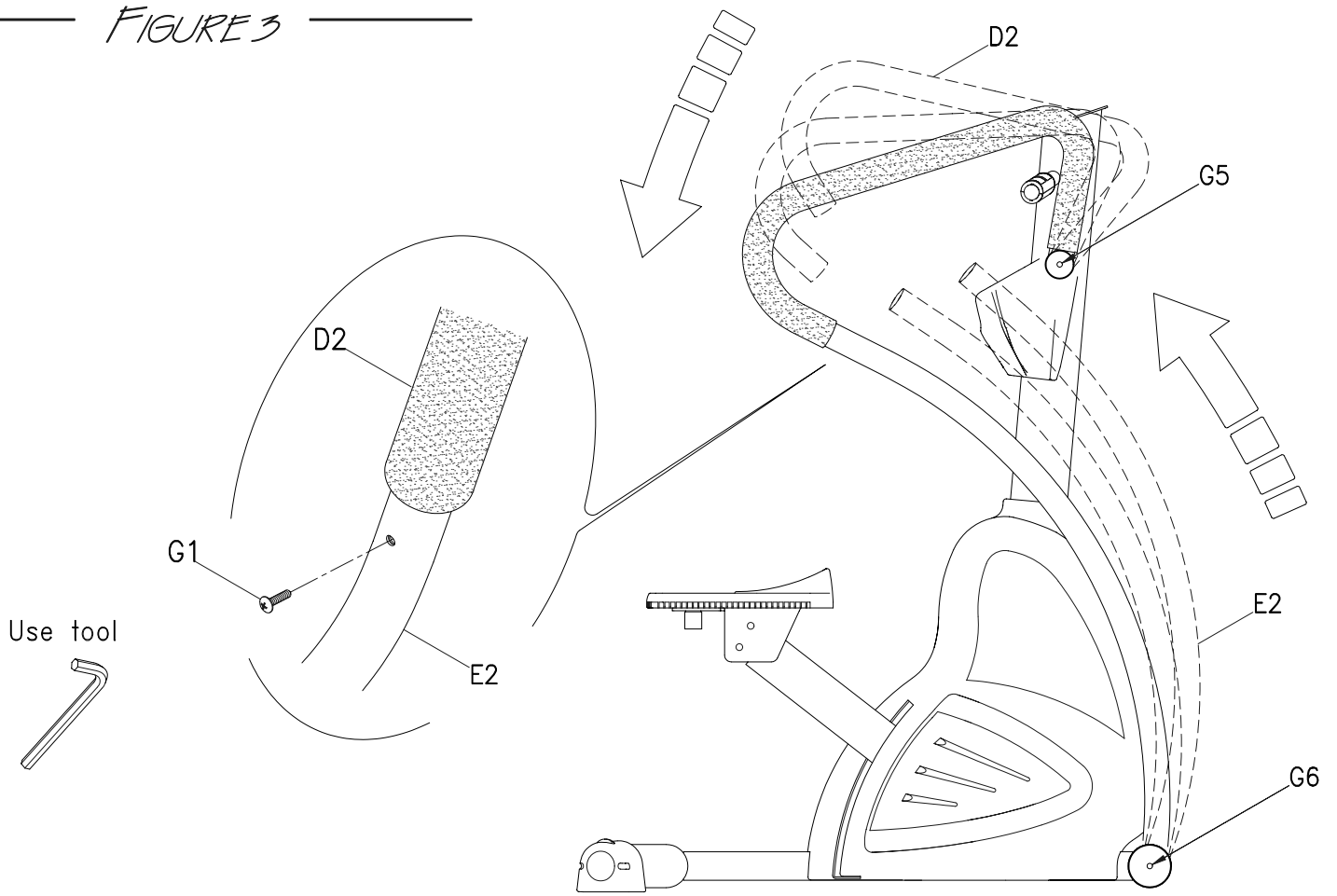
FIGURE 3

CONNECT THE SIDE HANDLEBAR
& HANDLEBAR SUPPORT

Step 1. Turn the handlebar support(E2) to connect with the side handlebar(D2), then secure with the screw(G1).

Step 2. Now, you can fix bolt(G5 & G6) tightly.

Step 3. Place the end cap(G9) onto frame.

G9
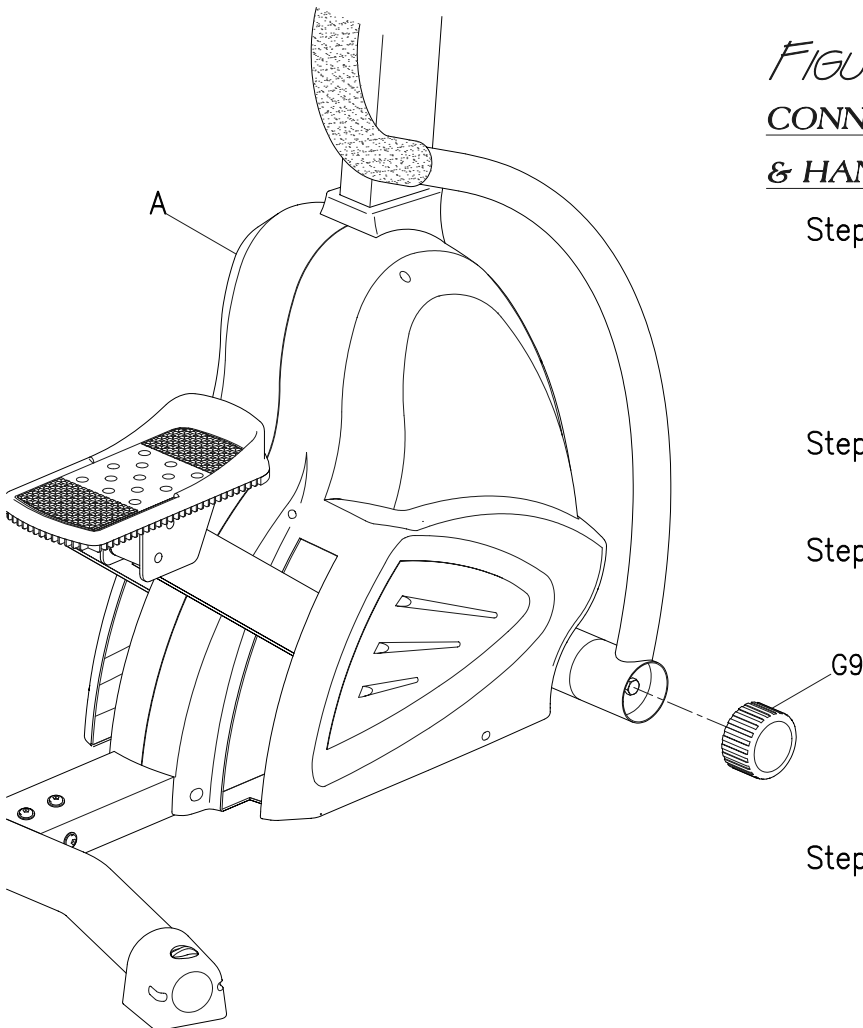
Step 4. Repeat the same way to assemble left side handlebar & handlebar support.

FIGURE 4

G8

①

②

③

G7

B
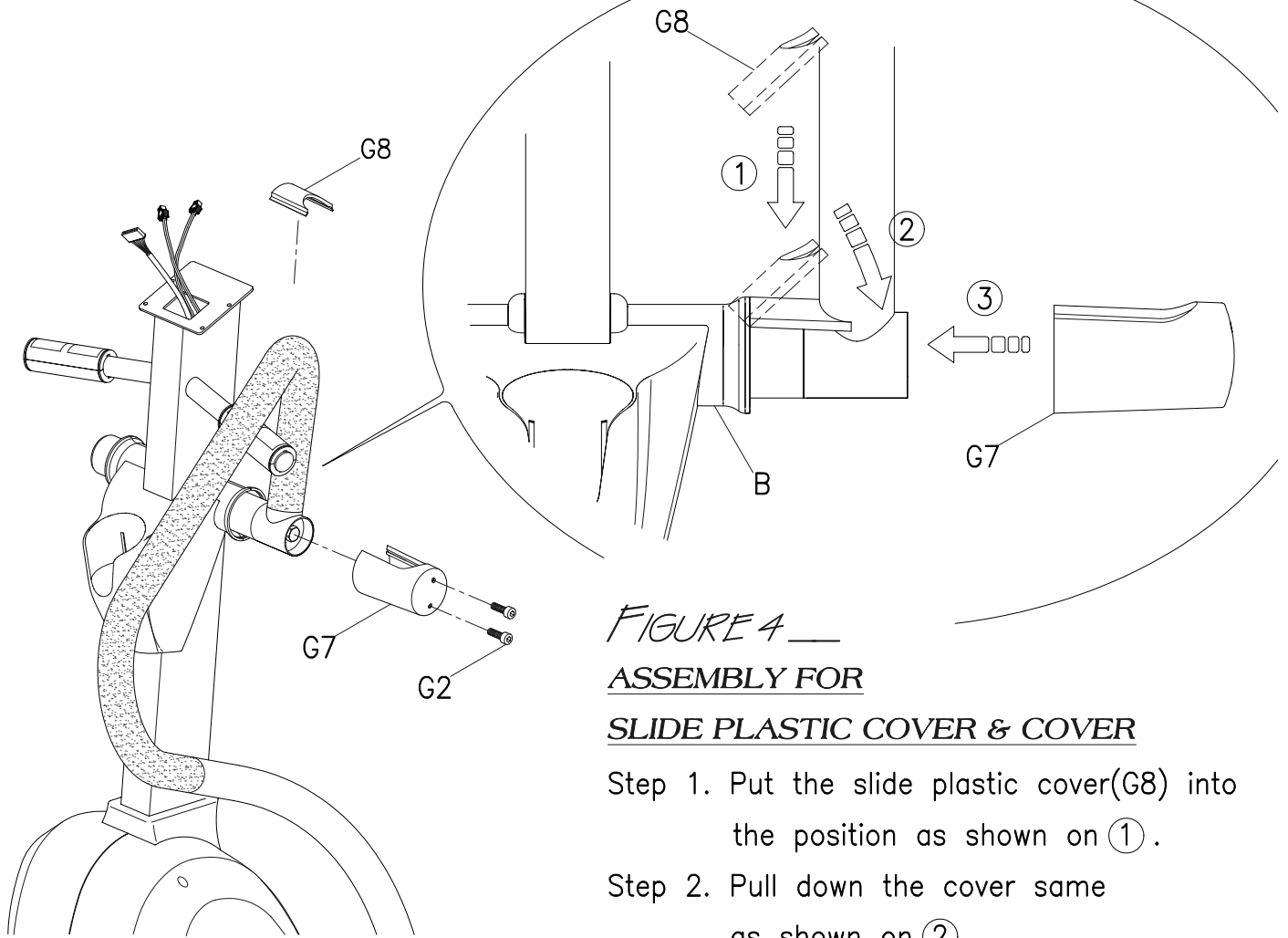
FIGURE 4 __
ASSEMBLY FOR
SLIDE PLASTIC COVER & COVER

Step 1. Put the slide plastic cover(G8) into
the position as shown on ①.

Step 2. Pull down the cover same
as shown on ②.

Step 3. Slide the cover(G7) to connect
with G8. (See shown on ③).
Then, secure with bolts(G2).
Repeat the same way to assemble
left side covers.

Use tool

G8

G7

G2

FIGURE 5

F

B6

B5

F2
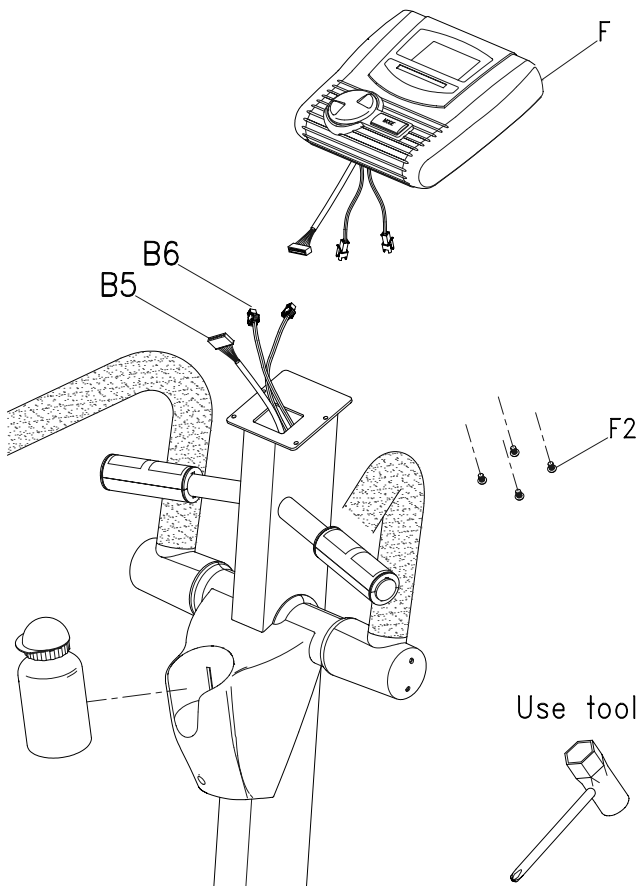
FIGURE 5 __
ASSEMBLY FOR
MONITOR & WATER BOTTLE

Step1. Remove the screws(F2) from the
back of the Monitor(F).

Step2. Connect the sensor wire (B5 & B6)
with monitor wires and put the
monitor on the fixing plate.
Then, secure with screws(F2).

Step3. You can put the water bottle in the
plastic housing.
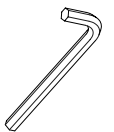
Use tool
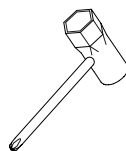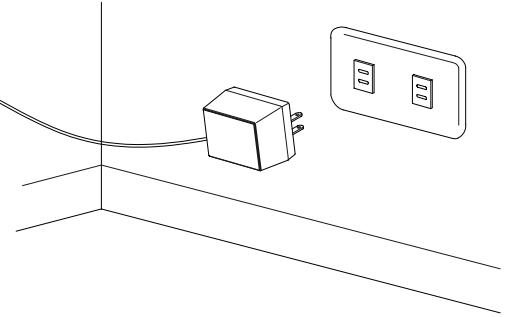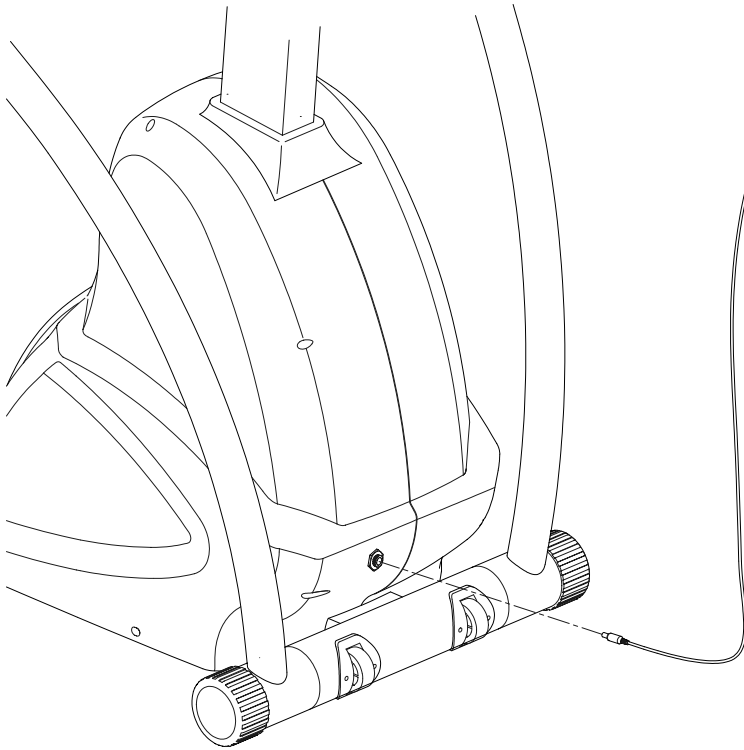
FIGURE 6

FIGURE 6

ASSEMBLY FOR ADAPTOR

The machine is available by using the electricity adaptor.

FIGURE 7

HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels. Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheels. You can now easily move the machine to a new location.

FIGURE 7

TRANSPORTATION
WHEEL
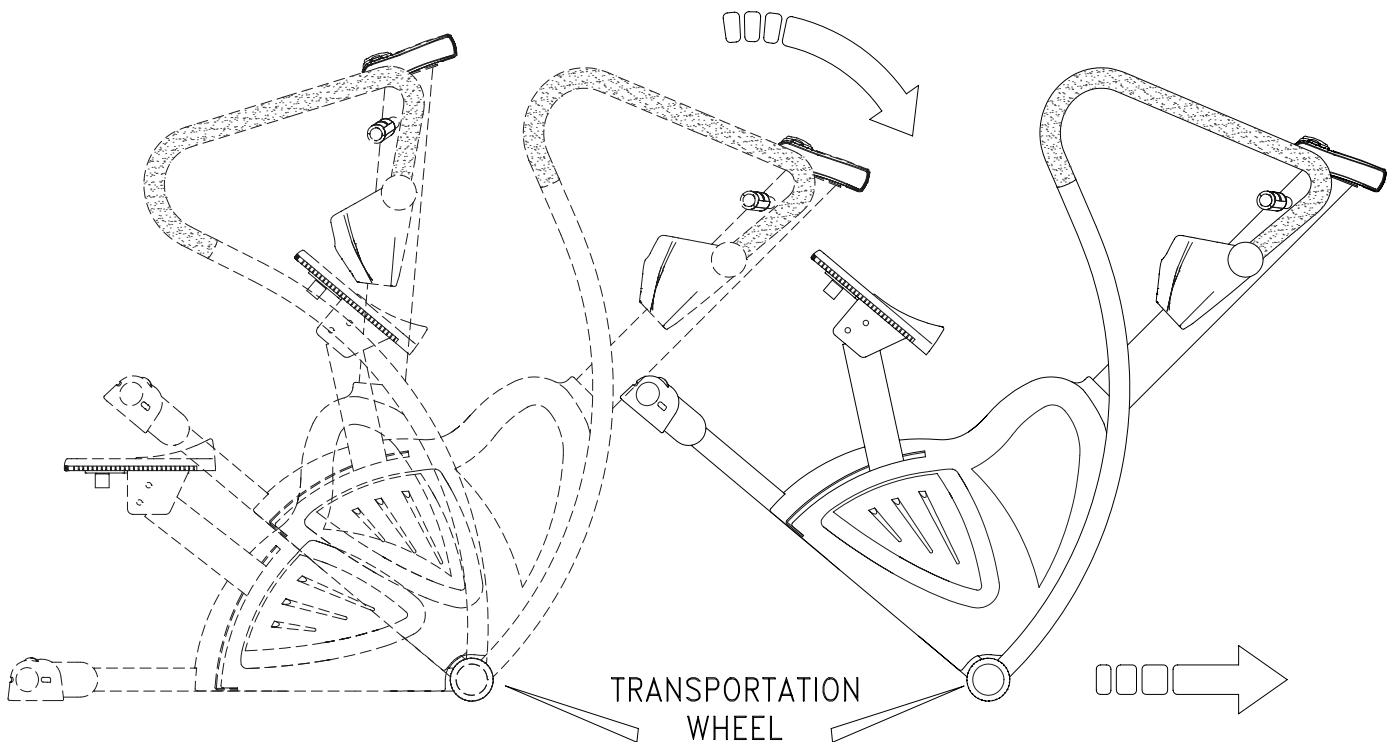
Programmable Training Computer

HAND PULSE SENSOR

HAND PULSE SENSOR
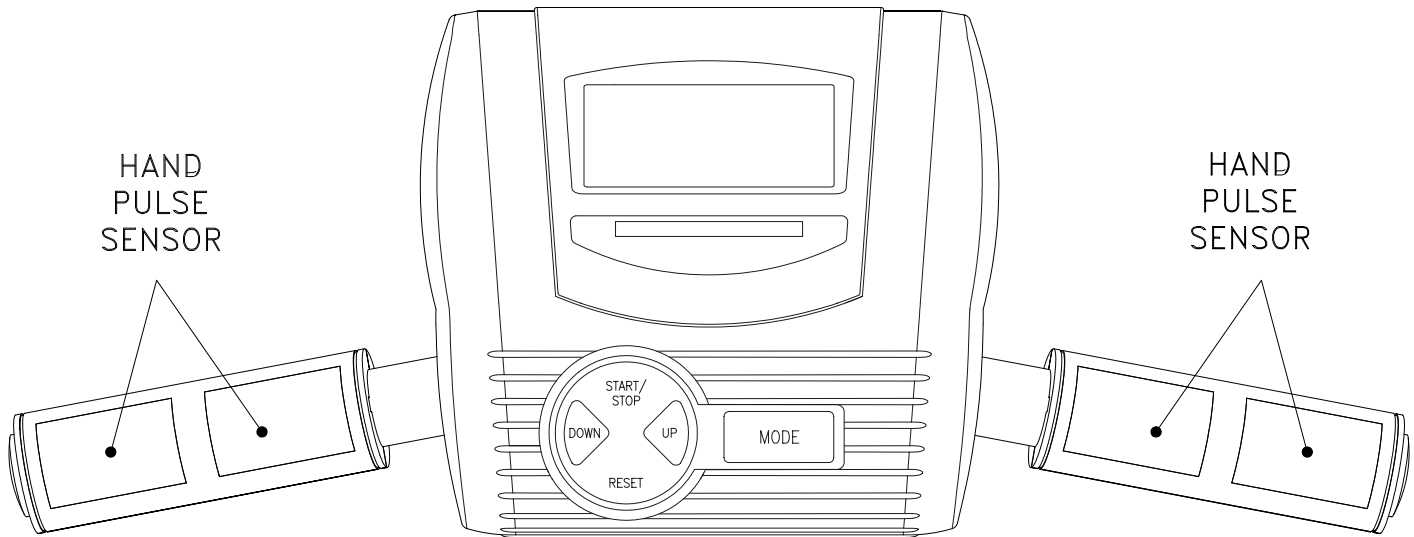
FUNCTION BUTTON

START/STOP To start or stop monitor counting.

MODE   Press to select functions between time, pulse, distance, and calorie.

UP/DOWN   To adjust and set all functions, and training programs setting.

RESET   To have the monitor jump to initial display for training mode selection. If you hold on
               pressing the button for 2 seconds, the monitor will reset previous training as a new start.

FUNCTIONS

(C.R.) CLIMBED RATE   The monitor will calculate and display the time duration of climbed elevation of
                                 500m that you have worked out.

(C/Min M) CLIMBED/MINUTE   The monitor will calculate and display the climbed elevation per minute.

                                 ** C.R. and C/Min M will switch display to each other on the same field in every
                                 6 seconds.

TIME   <u>Count up</u> - To accumulate training time from 0:00 to 99:59 with one second increment when the
               training starts.(No preset target)

               <u>Count down</u> - The monitor will start to count from preset time down to 0:00 with one second
               decrement when the training starts. As soon as the preset time is achieved, the monitor starts
               to alarm, and TIME will start to count up immediately from 0:00.

ELEV.   <u>Count up</u> - To accumulate the climbed elevation from 0 to 9999 m with 10 m increment when
CLIMBED   the training starts. (No preset target elevation climbed)

               <u>Count down</u> - The monitor will start to count from preset elevation down to 0 with 10 m (or
               ml) decrement when the training starts. As soon as the preset target is achieved, the monitor starts
               to alarm, and ELEV. CLIMBED will start to count up immediately from 0.

**CALORIE**   <u>Count up</u> - To accumulate calories consumption from 0 to 9999 cal with one cal increment when
               when the training starts. (No preset target)

               <u>Count down</u> - The monitor starts to count from preset calories down to 0 with 1 cal decrement
               when the training starts. As soon as the preset calories is achieved, the monitor starts to alarm,
               and CALORIES will start to count up immediately from 0.

PULSE   The monitor can detect both chest pulse and hand pulse, the chest pulse is priority. It means if you hold both hands on handlebar grip sensors and wear on the chest belt together, the monitor will display chest pulse only. If you would like to have hand pulse readout, please do not wear on the chest belt when you hold on handgrip sensors. The monitor start beep when your heart rate figure is exceeding the target.

NOTE

1. When you stop training and did not press any button for 4 minutes, the monitor will shut off automatically. All previous training data (Time, Elev. Climbed, and Calories) will be stored. You may press any button or start training again to wake up the monitor display.
2. You may have the monitor reset all function data by hold on pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input.(Out put 500mA, 6V)

MONITOR INSTRUCTION MANUAL

1. Plug the power supply (AC adaptor).
2. The monitor displays all segments for 2 seconds.
    [If you press RESET button for over 2 seconds, the monitor will display all segments for 2 seconds for a new start.]
3. After all segments display, the monitor displays ODO (total climbed elevation) figure for a few seconds.
4. Press UP or DOWN to select training mode in MANUAL, PROGRAM (P1~P12), USER, TARGET.H.R. and press MODE to confirm setting.
5. Different training mode:

MANUAL

1. Once you select MANUAL training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP or DOWN.
2. Press START/STOP to start training in Manual mode.(STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to set target function data of Time, Eleven, Climbed, Calories, and Pulse. Each preset function will count down from preset target as soon as training starts.
4. You may adjust training resistance level (1~16) by pressing UP/DOWN during training.
5. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.

PROGRAM

1. Once you select Program training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press START/STOP to start training in Program mode. (STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to select preferred training program profiles from P1 to P12.
4. Press UP/DOWN to adjust resistance level of the profile from level 1 to level 16. (You may adjust training resistance level by pressing UP/DOWN buttons during training)
5. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories, and Pulse. Each preset function will count down when the training starts.(Except Pulse)

6. Press START/STOP to start your training with PROGRAM mode.

7. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

USER

1. Once you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.

2. Press UP/DOWN/MODE to preset your own Profiles for training. You may quit profile setting mode by pressing MODE button for over 2 seconds.

3. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)

4. Press START/STOP to start your training with USER mode.

5. During training, you may press UP/DOWN to adjust resistance level.

6. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

TARGET H.R.

1. When you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.

2. Once you select TARGET H.R. for training, the monitor requests you to input the AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate data calculation by the monitor.

3. Press UP/DOWN/MODE to select different percentage of target heart rate figures you would like to achieve for training. There are 55%, 75%, 90% for selection, or you may input manually a target heart heart rate figures for training.

   3-1 The training resistance level is not available to be adjusted by buttons operation if you are training in TARGET H.R. mode.

   3-2 The resistance level will be auto adjusted by the monitor according to your actual heart rate figure. If your current heart rate figures is under preset, the resistance level will be increased 1 level per 30 seconds till level 16 or the target heart rate figures is achieved. If your current heart rate figure is exceeding preset target figures, the resistance level will be decreased on level immediately. The resistance level will be keeping decreased by one level per 15 seconds till level one. If your current heart rate figure is still exceed the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and keep alarm to remind you.

4. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories. Each preset function will count down when the training starts.

5. Press ST/STOP to start your training with TARGET H.R. mode.
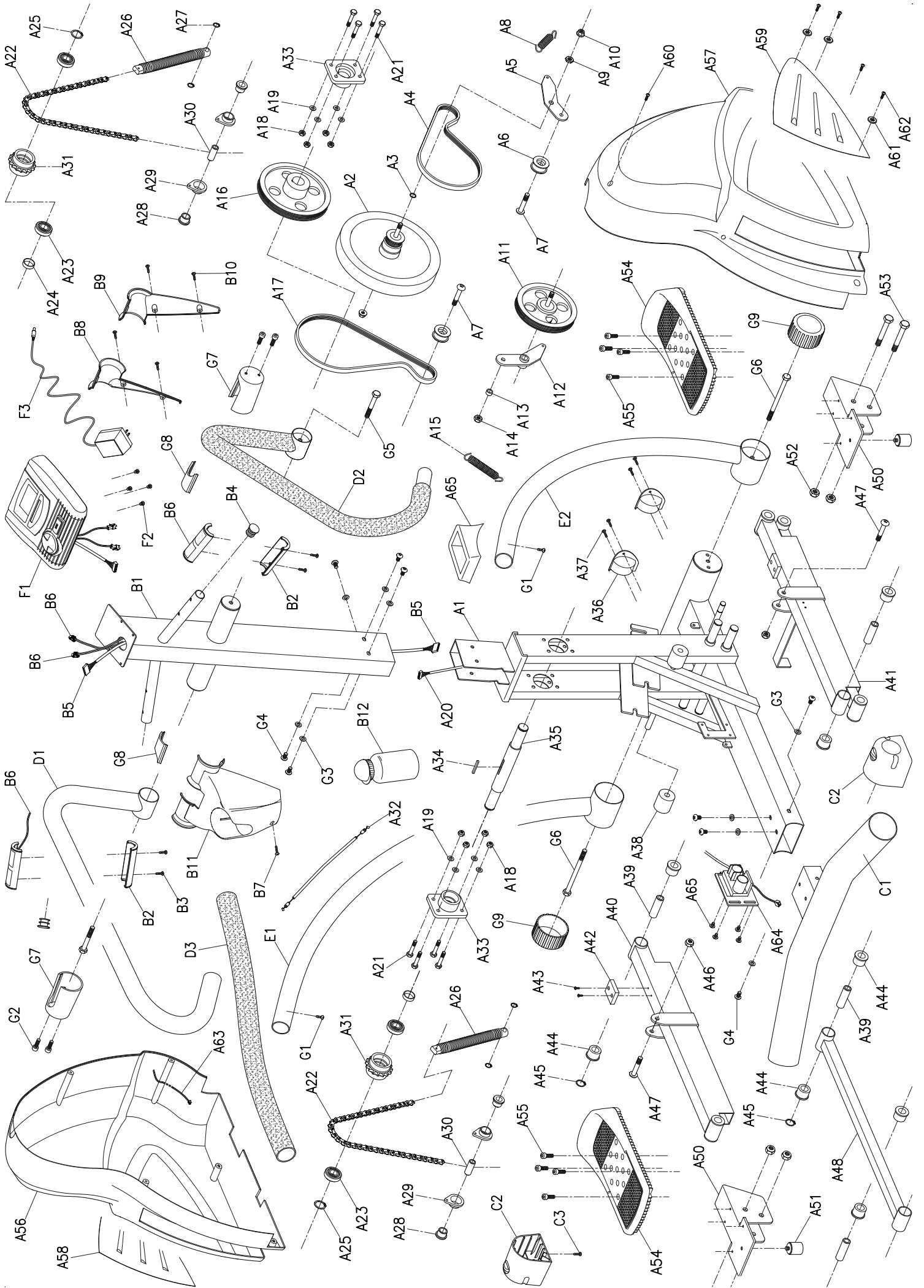
P/NO.	DESCRIPTION	Q'TY	P/NO.	DESCRIPTION	Q'TY
A1	MAIN FRAME	1	A53	SCREW	4
A2	MAGNETIC FLYWHEEL	1	A54	PEDAL	2
A3	FLAT WASHER	1	A55	SCREW	8
A4	BELT	1	A56	COVER(L)	1
A5	CRANE	1	A57	COVER(R)	1
A6	PRESSING WHEEL	2	A58	DECORTATION COVER(L)	1
A7	SCREW	2	A59	DECORTATION COVER(R)	1
A8	SPRING	1	A60	SCREW	
A9	NUT	1	A61	SCREW COVER	6
A10	NUT	1	A62	SCREW	6
A11	DRIVING PLATE	1	A63	ELECTRONIC WIRE	1
A12	CRANE	1	A64	MOTOR	1
A13	SPACER PIPE	1	A65	SCREW	4
A14	NUT	1			
A15	SPRING	1	B1	MAIN SUPPORT TUBE	1
A16	DRIVING PLATE	1	B2	HAND PULSE COVER	2
A17	BELT	1	B3	SCREW	4
A18	NUT	4	B4	END CAP	2
A19	FLAT WASHER	4	B5	SENSOR WIRE(UPPER)	1
A20	SENSOR WIRE	1	B6	HAND PULSE	2
A21	SCREW	4	B7	SCREW	1
A22	CHAIN	2	B8	DECORATION COVER FOR BOTTLE HOUSING(L)	1
A23	BEARING	4	B9	DECORATION COVER FOR BOTTLE HOUSING(R)	1
A24	SPACER PIPE	2	B10	SCREW	4
A25	C CLIP	2	B11	BOTTLE HOUSING	1
A26	SPRING	2	B12	WATER BOTTLE	1
A27	C CLIP	4			
A28	METAL BUSHING	4	C1	REAR STABILIZER	1
A29	CHAIN CONNECT BRACKET	4	C2	ADJUSTED END CAP	2
A30	PIPE	2	C3	SCREW	2
A31	ONE WAY GEAR	2			
A32	TENSION CABLE	1	D1	HANDLE BAR TUBE(L)	1
A33	BUSHING HOUSING	2	D2	HANDLE BAR TUBE(R)	1
A34	SPACER PLATE	1	D3	SPONGE	2
A35	AXLE	1			
A36	TRANSPORTATION WHEEL	2	E1	HANDLE BAR SUPPORTING TUBE(L)	
A37	SCREW	4	E2	HANDLE BAR SUPPORTING TUBE(R)	
A38	BUSHING	2			
A39	PIPE	4	F1	COMPUTER	1
A40	PEDAL TUBE(L)	1	F2	SCREW	4
A41	PEDAL TUBE(R)	1	F3	ADAPTOR	1
A42	BUSHING	2			
A43	TAPPING SCREW	4	G1	SCREW	2
A44	METAL BUSHING	8	G2	SCREW	4
A45	C CLIP	4	G3	FLAT WASHER	9
A46	NUT	2	G4	SCREW	9
A47	SCREW	2	G5	SCREW	2
A48	CONNECTION TUBE(L)	1	G6	SCREW	2
A49	CONNECTION TUBE(R)	1	G7	PLASTIC COVER	2
A50	PEDAL HOUSING	2	G8	SLIDE COVER	2
A51	BUSHING	2	G9	END CAP	2
A52	NUT	4			

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate   (THR) = Target Heart Rate

220 - age = maximum heart rate (MHR)
MHR x .60 = 60% of your maximum heart rate.
MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:
        220 - 30 = 190
        190 x .60 = 114 (low end or 60% of MHR)
        190 x .75 = 142 (high end or 75% of MHR)
        30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table for additional calculations.

TARGET HEART RATE ZONE

	20	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**	**65**
100% Serious athletic training range	200	195	190	185	180	175	170	165	160	155
85% Cardiovascular conditioning range	170	166	162	157	153	149	145	140	136	132
75% Fat burning range	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	96	93
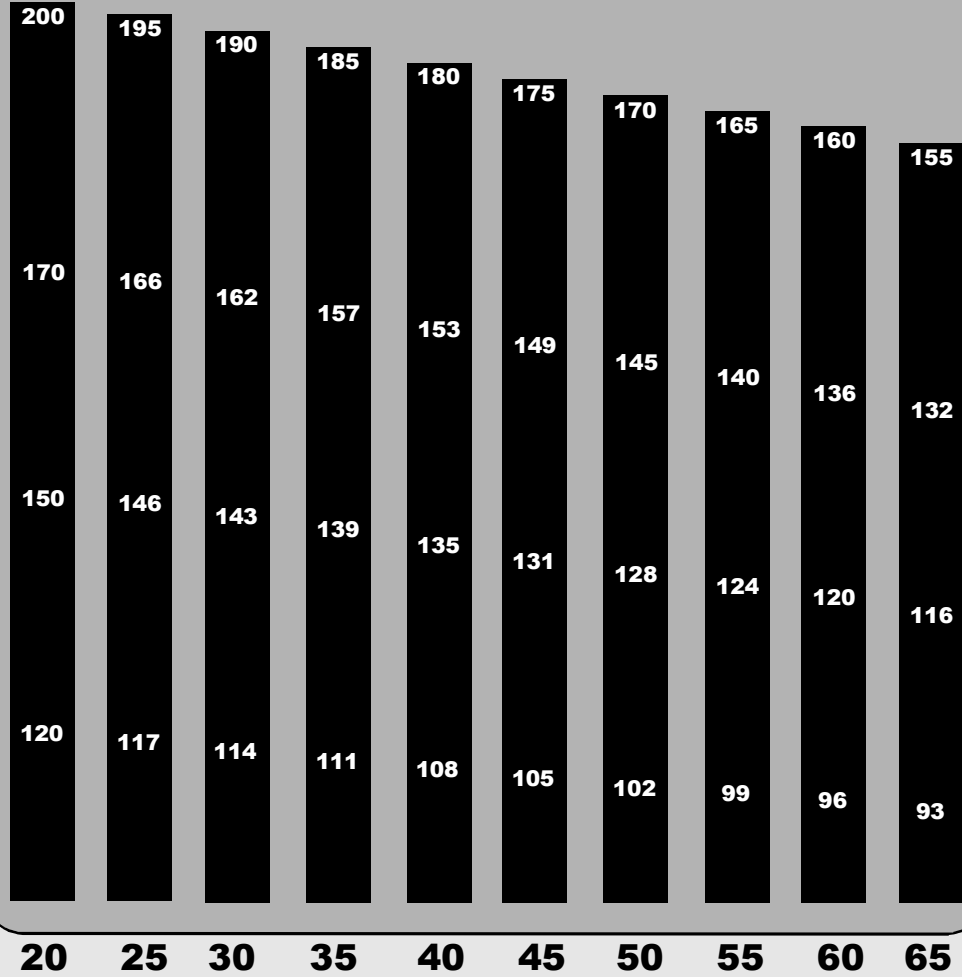
AGE

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: CARDIOMAX 707 STEPPER
HOME USE WARRANTY: Frame: Liftetime, Parts: 2 Years

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355